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COMMISSION OF INQUIRY INTO THE  
USE OF DRUGS AND BANNED PRACTICES  
INTENDED TO INCREASE ATHLETIC PERFORMANCE

B E F O R E:

THE HONOURABLE MR. JUSTICE CHARLES LEONARD DUBIN

HEARING HELD AT 1235 BAY STREET,  
2nd FLOOR, TORONTO, ONTARIO,  
ON FRIDAY, AUGUST 4, 1989

VOLUME 70



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C O U N S E L:

Ms. K. CHOWN

on behalf of the  
Commission

J. DePENCIER

on behalf of the Government  
of Canada

D. SOOKRAM

on behalf of Dr. M. G.  
Astaphan

L. LEVINE



(ii)

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--- Upon commencing.

THE COMMISSIONER: Ms. Chown.

MS. CHOWN: Yes, Mr. Commissioner.

THE COMMISSIONER: As I advised you, I have  
5 some commitments this afternoon relating to the work of  
the Commission so we can only sit this morning.

MS. CHOWN: Our first witness this morning  
is Mr. Clarke Flynn.

THE COMMISSIONER: Mr. Flynn.

10 CLARKE JAMES FLYNN: Sworn

--- EXAMINATION BY MS. CHOWN:

THE COMMISSIONER: All right. Ms. Chown.  
It is just water.

15 THE WITNESS: I wasn't sure if I was to  
fill it up or not.

MS. CHOWN:

Q. Mr. Flynn, I understand that you were  
20 born in Germany in 1959, and you came to Canada at the  
tender age of one year old?

A. Yes.

Q. Your family lived in New Brunswick, and  
you moved to Ontario in 1975?

25 A. Yes.



Q. You live in the Brampton area now?

A. I do.

Q. You attended high school at South  
Carleton High School near Ottawa?

5 A. Yes.

Q. That was in the 1970's, and you got  
your grade 13 from that school in 1978?

A. Yes.

10 Q. You then went on to Carleton University  
between 1978 and 1979. What were you studying at  
Carleton?

A. Engineering.

15 Q. Then you have been at various colleges  
since then including the University of Ottawa and  
Algonquin College, and most recently in the spring of 1988  
you were back at the University of Ottawa?

A. Yes.

20 Q. I understand that at the present time  
you are employed full time in the sales field in the  
marketing of sports equipment?

A. Yes, that's true.

25 Q. Mr. Flynn, we have asked you to come  
here today to talk to us about bobsledding. but before we  
get to your competitive career as a bobsledder I would  
like to go back somewhat and find out how you got involved



in athletics in general.

You did play a variety of sports, I understand, in high school?

A. Yes.

5 Q. Bobsledding was not one of those?

A. No, it wasn't.

Q. When you went to Carleton University in 1978, I understand that that was the first time that you had any exposure to weight training?

10 A. Yes.

Q. All right. And as a result of that, did you take up an interest in that sport, weightlifting?

A. Yes, it was at Carleton University that I made a transition from general weight training to a more structured format in the discipline of Olympic weightlifting.

15

Q. Were you a member of a club during any period that you were a competitive weightlifter?

A. Yes, I was.

20

Q. What was that?

A. The Trojan Weightlifting Club.

Q. Was that out of Ottawa?

A. It was based in Ottawa, yes.

Q. When did you begin to compete in

25 weightlifting?



A. My first competition would have been in 1981.

Q. In fact I understand in 1982 you participated in the Canadian Nationals in Peterborough?

5 A. Yes.

Q. And placed sixth in your weight class which at that time would have been 90 kilos?

A. Yes.

10 Q. In 1983 you also participated at the Nationals which were held that year in Edmonton?

A. Yes.

Q. Do you recall how you did that year?

A. Fifth in the 90 kilo weight class.

15 Q. In 1984 again you were in the Nationals. Where were they held that year?

A. I am sorry, just to step back on the question posed before, I was in the 100 kilo weight class in 1983.

20 Q. You changed weight classes between '83 and '83?

A. Yes.

Q. In 1984 what weight class were you in?

A. The 100 kilo.

25 Q. You participated in the Nationals that year and where were they held?



A. Just outside of Montreal, I think it is.

Q. How did you place?

A. Fourth place.

5 Q. Now, that was, of course, the year of the Olympics in Los Angeles. Did you go on and compete at the Los Angeles Olympics?

A. No, I didn't

Q. What happened there?

10 A. Well, I was unsuccessful in making the team or the standard, and I retired.

Q. So, you left the sport of weightlifting at that time in --

15 THE COMMISSIONER: You said you came fourth? You came fourth in the trials?

THE WITNESS: At the nationals I came fourth.

THE COMMISSIONER: But the first three qualify or did you need more than that?

20 THE WITNESS: I am sorry?

THE COMMISSIONER: Who would make the team in the 100 weight?

25 THE WITNESS: Well, it wasn't necessarily what position you had placed. It was the standard or the total of your lift.



THE COMMISSIONER: I see, right.

THE WITNESS: Two people had already  
qualified in that weight class or weight division I was  
in.

5 THE COMMISSIONER: Because of their past --

THE WITNESS: Yes.

THE COMMISSIONER: -- past tests or past  
events?

THE WITNESS: Yes.

10 THE COMMISSIONER: Okay.

MS. CHOWN:

15 Q. So, you indicated to us therefore at  
the time that you did not make the Olympic team it was at  
that point that you left weightlifting in 1984?

A. Yes.

Q. Now, overlapping somewhat and going  
back, I understand that your first exposure to bobsledding  
came about in 1980?

20 A. Yes, it did.

Q. Can you tell me how it came about that  
you were introduced to that sport?

25 A. I was introduced through a friend who  
was a member of the national team, Jim Carr. We were --  
played a number of other sports together. He and his



brother and myself and when I was training at the University, Carleton University I met him in the parking lot one day and he invited me to come down to Lake Placid and try the sport of bobsledding with him. And I did so.

5 Q. Now, 1980 that would have been just following the Winter Olympics which had been held at Lake Placid?

A. Yes, it was two days after the winter Olympics were closed.

10 Q. Had your friend Mr. Carr participated as a team member for Canada at the Olympics in 1980?

A. No, he hadn't. He was a member of the national team, but he did not participate at the Olympics.

15 Q. Now, we haven't had a bobsledder appear before the Commission, I am going to ask you if you could to briefly outline for us some information about bobsled. And we are going to hear from a representative of the Bobsleigh and Luge Commission, Mr. Commissioner, Mr. Morin, who will be filling us in on the luge side of things, but, Mr. Flynn, I understand you did not  
20 participate in the luge, it was in the bobsled?

A. Yes, that's true.

Q. And what are the events in bobsled?

A. There is the two-man and the four-man.

25 Q. That obviously just refers to the



number of men on the sled?

A. Persons on the sled, yes.

Q. Is the equipment markedly different between the two-men and the four men?

5 A. No, other than the weight, overall weight, the length of the runners which are the blades that are used, and the length of the sled. They are very close.

10 Q. What positions are there in a four-man crew?

A. The driver, the two middle men were the crew men, and the last man on the sled is qualified as a brakeman.

15 Q. Obviously then in the two-men, it is simply a driver and a brakeman?

A. Yes.

Q. What is the role taking the four-man sled, what is the role first of all of the brakeman?

20 A. In the sport or outside of the sport? In the sense of his preparation of sled and that or just --

Q. I think we would like to hear both. Does the brakeman have a specific role in the preparation of the equipment?

25 A. Well, in the past he has. He's



certainly been a large part of keeping the crew together, motivated, making sure that the right equipment is there, the runners are in place, like on the sled, that the steering ropes are not tangled, and that everybody is organized to be ready to push at the time that you enter the starting position.

Q. Is it fair to equate the position of brakeman with captain of the team?

A. I think maybe not captain, definitely the leader of the team, of that particular team, would be the driver just because of the responsibility he has. But the brakeman maybe more qualified as co-captain.

Q. All right. When an actual run is taking place, what physically does the brakeman do as his part in the run?

A. Well, he is certainly -- he starts the cadence of the rocking the sled and if they are -- if they are doing a rocking start. If they are not, if they are doing a static start, he certainly gives the cadence, the count.

Q. Let's just go back there. Is there a choice in an event as to which kind of start a team can use?

A. Yes. There is and depending on the qualities of those athletes and the type that they are



more comfortable with. They would choose between the static and a rocking start. I was most familiar with a rocking start, but a static one in the past couple of years has been proven to be quite successful.

5 Q. And a rocking start, can you describe what that entails?

A. Where the sled would move from a back point to a front point and in kind of a motion, a pendulum motion.

10 THE COMMISSIONER: Before the start?

THE WITNESS: Yes. And just to get a rhythm going. And the reason why somebody might choose a static start is they hadn't worked a long time as a unit so that they couldn't get a rhythm set up. So, they would have  
15 the sled stopped and they would name a -- you know, give a count and then push.

MS. CHOWN:

20 Q. In a four-man crew when you are having a rocking start, is there anyone sitting in the sled or are all of the team members assisting in the rocking?

A. All of the team members are assisting in the rocking.

25 Q. What is the role the brakeman plays besides setting the sled?



A. He is the back person. So, once given the cadence he is at times known to be a little stronger so he will be the one that is giving the most strength to push. And the two crew men --

5 THE COMMISSIONER: Do they all push in the rocking start?

THE WITNESS: Yes, you all push, but in the past it's been that the brakeman has been the larger or the stronger, physically stronger, of the group. And  
10 that has changed in the time periods, depending on different people and crews.

MS. CHOWN:

Q. All the crew cluster around the rear of  
15 the sled or positioned along the side?

A. No, your driver and depending on how that sled is set up, your driver is on the left-hand side of the sled as is one crew man. On the other side, is the other crew man. And the brakeman is positioned at the  
20 rear of the sled.

Q. Once the cadence has been established and the start accomplished, what role do the various team members play then?

THE COMMISSIONER: They all push off, do  
25 they?



THE WITNESS: They all push off and there is a loading sequence which they go through, driver first, and then two man, three man, brakeman and sometimes there is, depending on that particular group, the brakeman might actually sit in the second position on the sled.

So, he might step through the push bars and move up through the sled while the two and three man pile in behind him. Or in the usual case, he is the back position. He gets in last and sits at the back of the sled. But once the sled is in motion in the run, they sit still.

MS. CHOWN:

Q. When you say loading, you are simply referring to people getting in the sled?

A. Yes.

Q. So, then everyone is in the sled, the sled is in the run, who now is doing what during the run?

A. We --

THE COMMISSIONER: You hope the captain --

THE WITNESS: You hope the driver is --

THE COMMISSIONER: -- is driving and the rest, I think, close their eyes and pray.

THE WITNESS: Yes.



MS. CHOWN:

Q. You referred earlier to some steering ropes. Is that the mechanism for steering that the driver uses?

5 A. Yes.

Q. I understand that throughout your career you essentially were the brakeman on the team?

A. Yes, for the majority of my --

10 Q. And the sequence that you have described is that very similar when you are participating in a two-man sled?

A. Yes.

Q. As well can you -- sorry, how long is the run?

15 A. It ranges with -- there is -- I would take an average of newly-built courses, those being the artificial such as Calgary and Innsbruck, Winterburg, and a number of others, over 1,200, but certainly less than 1,500. Then if you were to look at the natural ice  
20 courses in such as --

THE COMMISSIONER: That's the course? You are asking about the course not the run?

MS. CHOWN:

25 Q. Yes, the course.



A. Yes, the course. So, the natural ice courses would be a bit longer, Chaminia (phon), St. Moritz. Those two courses there would be upwards of 1,500-plus.

5 Q. And the sled is timed from the time it leaves the starting position until it completes the course?

A. From eight meters out from the start. There is a starting block in -- 8 to 10 meters out there  
10 is a starting light. Once that is tripped, that initiates your time.

Q. Would you briefly describe for us what the competitive season is in bobsledding, when it starts, what meet it involves?

15 A. It is growing, am I speaking of now nowadays?

Q. Perhaps you could tell us now?

A. It starts the first week of November, second week of November, with a World Cup Race in East  
20 Germany.

THE COMMISSIONER: But you train all year round some of these bobsledders, don't they, during the summer with some sort of --

THE WITNESS: Not on ice.

25 THE COMMISSIONER: Not on ice because I see



them training --

THE WITNESS: Pushing the sleds, the sled is on wheels.

THE COMMISSIONER: Yes.

5 THE WITNESS: Yes, that's a large part of their training. There is a great deal of training that goes on in the off season, dry land, pushing a sled that is on wheels, putting it on an actual push track which we have, the Canadians have out in Calgary at the base of the  
10 bob run. But our season starts in early November and continues right through until sometimes even the first week of March when our National Championships or provincial races as such might be held in Calgary.

Q. Are there a series of meets that it is  
15 traditional for a competitive bobsled team to participate in?

A. Yes, it has become more important now than before, but there is a World Cup circuit which we feel is necessary for our team to participate in. It  
20 qualifies for points which are totalled up at the end of the year and that gives you a world ranking.

So, there is the World Cup circuit. Each year is highlighted by the World Championships. And there is also the European Championships, and then a number of  
25 national championships where our countries are invited,



the Tyrolean championships. And a number of competitions that before the World Cup was established they were top level meets. So, they carried a lot of prestige.

5 And so there is a circuit to be followed and a pattern of attendance and who is attending --

THE COMMISSIONER: How many Canadian athletes would be engaged in bobsledding in a typical year, say in 1988? Never mind those who just make the national team?

10 THE WITNESS: Sorry, would that be counting the Canadian team?

THE COMMISSIONER: Yes. How many Canadian athletes would be involved in bobsledding?

THE WITNESS: We -- 20.

15 THE COMMISSIONER: About 20?

THE WITNESS: Twenty A and B team athletes.

THE COMMISSIONER: Are included?

20 THE WITNESS: Yes. And at the provincial levels it varies, but it is much higher. We have --

THE COMMISSIONER: Well, I mean all tolled?

THE WITNESS: Across the country, you mean the number of bobsledders?

25 THE COMMISSIONER: What I call engage in the sport of bobsledding, forget about making the national



team?

THE WITNESS: I haven't seen any figures in  
awhile, but maybe Ben would be --

THE COMMISSIONER: Maybe the director can  
5 tell us about that.

MS. CHOWN: We can ask Mr. Morin about that.

MR. MORIN: There is about 100.

THE COMMISSIONER: About 100 in Canada that  
are engaged in bobsledding.

10 MR. MORIN: Yes.

THE COMMISSIONER: Thank you.

15

20

25



MS. CHOWN:

Q. When the Commissioner asked you, Mr. Flynn, about off-season training and you mentioned in fact that there were facilities for the Canadian team to train in Calgary during the summer months --

A. Yes.

Q. -- does the Canadian team go to training camps in other centers outside of Canada?

A. We do. This season or this summer, we've been able to use the facilities in Lake Placid. This is probably more a logistical benefit. We separate the eastern athletes from the western athletes, and it's much easier to have them come to Ottawa and then to drive to Lake Placid than it would be to fly them all out to Calgary. I think it's more logistical.

Q. Given the description that you provided us with of a bobsled run, what are the particular qualities that a bobsledder requires to be successful?

THE COMMISSIONER: Courage.

MS. CHOWN: Wilful blindness.

THE WITNESS: There might be something that they don't have that's better.

I think we've been very fortunate to define the characters or the qualities that we find profile best a bobsledder. It's not the ability to run 10.1 seconds



for 100 meters. I think an athlete that can run 100 meters in 11 seconds certainly has one of those variables, but it's the ability to run on a decline of say between 5 and 11 percent while accelerating through and beyond 100 percent speed and be applying a positive pressure on the pressure push bar so that when this athlete would then translate this onto a on-ice push, he would be accelerating himself onto the sled giving it more momentum, as opposed to the athlete, who when he goes to enter that sled, would be applying a negative pressure on the push bar, that being that when he goes to get on, the sled is going too fast for him and he's actually pulling back.

THE COMMISSIONER: What's the distance between what I'm going to call the start of the push and the little starting lines which are eight meters behind the official start? Do you follow me?

THE WITNESS: I'm sorry.

THE COMMISSIONER: I picture the bobsledder getting ready for the race.

THE WITNESS: Yes.

THE COMMISSIONER: You are all rocking or static.

THE WITNESS: Yes.

THE COMMISSIONER: Then you start a push.



THE WITNESS: Yes.

THE COMMISSIONER: Then you said eight meters before the official starting line, the clock starts?

5 THE WITNESS: No. There is the --

THE COMMISSIONER: Let's use the desk as a prop.

10 THE WITNESS: There's the block, the starting block here. This is a flat piece of ice, or sheet of ice, probably running anywhere between eight, then, even twelve meters. Anywhere, depending on the course, we'll say at eight meters out there is a start light.

THE COMMISSIONER: Right.

15 THE WITNESS: That initiates -- when tripped, that initiates the time.

THE COMMISSIONER: Right.

20 THE WITNESS: Shortly after that, anywhere between two and four meters, the decline would start, and depending on the course, the decline would be anywhere between --

THE COMMISSIONER: When do you have to be on?

THE WITNESS: When do you have to be on?

25 THE COMMISSIONER: Yes.



THE WITNESS: There is no set distance or time.

THE COMMISSIONER: I see.

THE WITNESS: It's when you're not applying  
5 a positive pressure on the push bar, that's when you should get on.

MS. CHOWN:

Q. So it's not a false start if everyone  
10 is not inside by the time you cross the eight-meter line?

A. No, because you are actually, depending on your cadence and your turnover, you could be 23 to 28 steps before you actually get on the sled. That certainly ranges depending on what athlete you are talking about.

15 THE COMMISSIONER: Are you talking about the ability to accelerate while still going down an incline on ice?

THE WITNESS: Yes.

20 THE COMMISSIONER: But it's a short distance you are actually running?

THE WITNESS: 30 meters, 35 meters. I've certainly seen people run further because of some problems on the sled when the person couldn't get in when he wanted to, so he was able to --

25 THE COMMISSIONER: With a good start and



everything going well, you might be running 30 meters before you are all onboard?

THE WITNESS: Yes. I wouldn't think more than 40 meters, maximum.

5

MS. CHOWN:

Q. You are simply saying that it's something a little more complex than the ability to run quickly. You've got to combine those other features you mentioned?

10

A. Yes. You have not only the aspect of being fast, but you have to be -- I think when you find that person that has that type of speed, and you are able to qualify whether this person has the ability to push on that decline, he must be -- you would want him to be a certain weight or within a range, and the range is very wide. We've had athletes that weight 155 right up to athletes in the past that we've had as high as 240, and neither one was better than the other or worse. They both had qualities that are necessary in a sled.

15

20

So he would have to have strength, and he also has to have a certain mental attitude, one where he's a team person. It's a team sport. It's one of the very fine things about bobsledding is that it involves four people, and in turn involves the team which could comprise

25



as many as twelve people, plus the coaching staff, and you have to -- it's sometimes very difficult for the coaches, and it might even take two or three seasons before they know this, whether a person is right because it's very  
5 difficult to go to Europe, compete over that length of time, the four months, go through accidents -- and the accidents can range from just being ice burns, right through, as in my case, the first race I attended, the first race I ever competed in, an athlete died, was killed  
10 in competition. So you have all of these changes that you are going to make, plus that you are growing as a person. So you have four months of this when you are living in hotels, different countries, different languages, the culture shock, and you have to have a person who can  
15 always be positive; be positive when he's scared to push the sled; be positive when he's happy to push the sled and be a motivator because no matter how good an athlete you are, if you can't work for the team and be a promoter and a motivator, you are not good for the team. We have  
20 always made, certainly never in writing, but we've always talked it over, athletes and coaches, how we would change a person on a sled even if he was going to give a little slower start, for the betterment of the sled, that he could motivate them, and in difficult times, he could get  
25 a better start out of them. Maybe in some other aspect



they could work better and that would give them a unified sled, more cohesion.

Q. Just following up on one point, you mentioned the competitive season was four months. We referred earlier to the fact that your university career had spanned a number of years, and I am correct in saying that's largely because when you became involved in bobsledding, that really prevented you from continuing to attend university full time?

A. Yes, my choice.

Q. Coming back to your own introduction to bobsledding, you told us that it happened in 1980 when you were introduced by your friend following the Winter Olympics. You trained very briefly in 1980, and when was it that you became a member of the team, the Canadian team?

A. 1981, January 1981?

Q. Did you immediately begin to function as a brakeman on the team?

A. I did.

Q. Is that the position you've had throughout?

A. Four or five years, and then I moved into being in a crewman position, and then I finished being a driver.



Q. Over what period have you continued to compete in bobsledding?

A. Right now I don't compete any more at any level in bobsledding.

5 Q. All right and your last competition was --

A. December 1987.

10 Q. I do have your sheet that we received from the Athletes' Information Bureau here, and if I can just touch on a few of the events that you participated in. In 1981, then, the second year that you were involved in the sport, the first year you were on the team, you participated in the World Championships in both the two-man and the four-man as brakeman, placing 17th in the two-man, and the four-man team did not finish the race?

15 A. Yes.

Q. You went on in 1982 again to participate both in the two-man and the four-man, placing 15th in the two-man?

20 A. Yes.

Q. Again the four-man did not finish?

A. Yes.

Q. There were a series of races that you participated in in the balance of 1982. Some of them would be part of the circuit that you've described. 1983



again, you were back at the World Championships on the four-man, that year placing 7th?

A. Yes.

5 Q. You also participated again in a European circuit in 1983, the Veltins Cup, the Sarajevo Cup and the Tyrolian Championships. I note at the Tyrolian Championships in the four-man, your team place 11th?

A. Yes.

10 Q. 1983, you also participated in something called the International Batliner Cup with a four-man team placing 7th?

A. Yes.

15 Q. Going into 1984, you participated in the Nations Cup and the World Cup as well as the Olympic Games, and I can't read this. What did you place in the Olympic Games in 1984 in the four-man? It looks like it's either 13th or 13th.

A. It's 18th.

20 Q. All right. You also participated in the summer trials for the International Bobsledding Federation in 1984, and there is an event here called "individual"?

A. Yes.

25 Q. What is that?



A. It was a strength, speed, bounding exercises, and individual sled push.

Q. You placed second in that?

A. Yes.

5 Q. As well as in team competition in the those summer trials, in the two-man you placed 6th and the team itself placed 1st?

A. Yes.

10 Q. 1985, once again, you participated in the World Championships for both the two-man and the four-man, placing 16th in the two man, 15th in the four-man?

A. Yes.

15 Q. 1985 again, the series of meets that we've heard about. 1986, you were participating in the World Cup and the European Championships. The World Cup in the four-man, the team placed 7th?

A. Yes.

20 Q. In 1986, you also participated in other World Cup events in Switzerland with the two-man team placing 17th and the four-man team not finishing?

A. Yes.

25 Q. What is the usual cause of an incomplete race such as we've noted a couple of times here with the four-man team?



A. The DNS, accidents.

Q. 1987, once again, you were back at the World Championships as a member of the four-man team placing 10th, and you participated in a number of World Cup events with the four-man team. Finally, at the National Championships, the last thing I have listed here in 1987, you are listed as the driver of the two-man team?

A. Yes.

Q. Placing 8th?

A. Yes.

Q. I want to turn now, if I could, Mr. Flynn, to your knowledge of and participation with anabolic steroids. Can you tell me what your first exposure, whether by information or discussion, was with steroids and when that occurred?

A. I first became exposed to anabolics, engaged in talking about them when I was with the Trojan Weightlifting Club.

Q. Were you talking about anabolic steroids with other weightlifters?

A. In the early stages, just listening. They were discussing dosage usage, who would participate with them, and that type of stuff, how involved it was.

Q. Had you drawn a conclusion from looking at the physiques of weightlifters that there was extensive



use of anabolics among the weightlifters you were observing and talking to?

A. Yes.

Q. As a result of those discussions and those observations, did you make any decision yourself as to whether you would begin to take steroids?

A. In the early stages, I didn't -- it wasn't a choice aspect. I just followed along gathering information in these conversations; but when I had reached a certain level of lifting, when I was able to total a certain amount, it was recommended by my training partner that I should pursue using anabolics to further my career in weightlifting.

Q. When you say it wasn't really a choice matter, it was something you went along, it was in fact a decision you made that you would go ahead and take anabolics?

A. Yes, it was a cognizant decision.

Q. And would this have been in 1981 or '82?

A. '82.

Q. So your training partner, and you are referring to a weightlifter --

A. Yes.

Q. -- suggested that if you wished to take



further progress in weightlifting, you should take or you should embark on a steroid cycle?

A. Yes. I mean, I also wanted to be the best I could be in weightlifting, and in watching him  
5 train and training with him and seeing what he had accomplished in weightlifting and where I wanted to position myself, I felt that's what I needed to do.

Q. Did you obtain advice from your partner as to what particular steroid would be appropriate or of  
10 assistance to you in your weight training?

A. Yes. He introduced me to a doctor, a physician, who performed some tests, blood sample, urine sample, sperm sample tests, and then gave me a prescription. This prescription was based upon the  
15 information that my training partner had provided him, he, the physician.

Q. And this physician was a physician in Ottawa?

A. Yes, he was.

Q. To your knowledge, was this physician someone that was used by your training partner and other weightlifters and that they sought him out to obtain  
20 prescriptions of anabolic steroids?

A. Yes.

25 THE COMMISSIONER: What prescription did



you get? What was the drug?

THE WITNESS: Dianabol.

MS. CHOWN:

5 Q. You indicated that this doctor did some testing of you. Did he provide you with a prescription or with the actual --

A. He provided me with a prescription.

10 Q. You mentioned that your training partner gave the doctor some advice about dosage and cycling, I believe you said?

A. Yes.

Q. And the doctor then in turn passed that on to you?

15 THE COMMISSIONER: I'm sorry, I don't understand what you are saying.

MS. CHOWN:

20 Q. I understood Mr. Flynn to say it was in fact his training partner who suggested to the doctor what drug and what dosage was appropriate?

A. Yes.

Q. Rather than the doctor suggesting it?

25 A. Yes, and it was an open conference. I was there along with my training partner and the



physician.

Q. You got a prescription, then, for Dianabol?

A. Yes.

5 Q. Tablets?

A. Yes.

Q. Did you take a series of Dianabol tablets?

A. Yes, in the recommended dosage.

10 Q. What effect, if any, did you note from taking the Dianabol tablets?

A. I got stronger.

Q. Do you recall now what dosage you were taking on a daily basis?

15 A. Difficult, but 5 milligrams a day on my first cycle.

Q. In 1982, you would have been participating in both weightlifting and bobsledding; am I correct?

20 A. Yes.

Q. When in the year did you begin to take the anabolic steroids?

25 A. In the spring, after the bobsled season when I had returned from Europe, in preparation for the National Championships in weightlifting.



Q. What is the weightlifting season?

A. For myself, because of my bobsledding, it was the Nationals in May and the final meet of my year would be the Canadian National Exhibition competition which was in the third week of August.

Q. You told us earlier that the bobsled competitive season started in November although they were training in the summer as well?

A. Well, no. In 1982 there was no structured training, so what you did in the off-season was your own. Our season in bobsledding at that time was comprised of one meet in the latter part of November, and the team would return home, and then we would go back over for one competition and then the World Championships. It was very much a short season, then.

Q. You mentioned taking one cycle of Dianabol in the spring of '82. Did you take a subsequent cycle that summer?

A. Yes, in July.

Q. During the balance of the year, including through the competitive bobsled season, did you take a further cycle of anabolic steroids?

A. No.



Q. What effect did your strength gains have on your ability as a bobsledder, in particular, as the brakeman?

5 A. I don't know that I can draw how much of a gain they made. I certainly was stronger because of my training, and, therefore, when I was using them, stronger. But I felt that by the time the season did come around when I was competing with the bobsled team that any long-range positive effects I had gotten from the use of  
10 anabolics would not be present.

Q. You are saying you did notice an increase in the strength --

A. I did.

Q. -- and that was something that  
15 continued through the bobsled season?

A. Yes.

Q. Did you continue to return to this physician in Ottawa to obtain further prescriptions?

20 A. In the time periods that I had to use them, yes, up until he was unavailable.

Q. All right.

THE COMMISSIONER: Over what period of time, for another year or so? I have forgot. The exact amounts aren't necessary.



MS. CHOWN:

Q. I believe you say you started in the  
spring of 1982?

5 A. Of 1982. And when I withdrew from  
weightlifting, I retired from weightlifting in 1984, that  
was the last time.

THE COMMISSIONER: That was the last time,  
what, you got a prescription?

10 THE WITNESS: Yes, the last time I used  
anabolics.

THE COMMISSIONER: I think you said at some  
stage the doctor was not available. I gather you got  
steroids from other people.

THE WITNESS: Yes.

15 THE COMMISSIONER: Was that from friends?

THE WITNESS: From my training partner.

THE COMMISSIONER: In the weightlifting.

THE WITNESS: Yes.

20 MS. CHOWN:

Q. In fact, when you say your doctor  
wasn't available, this particular doctor passed away, did  
he not?

A. Yes.

25 Q. At that point you were looking for an



alternate source and you turned to your training partner and he provided with you steroids?

A. Yes.

Q. Did you continue to take them on the cycles that you have described?

THE COMMISSIONER: When you went to the doctor for prescriptions, did he monitor you? Did he have blood tests and urine tests?

THE WITNESS: Yes. Less so -- initially it was well monitored, and then it would have been probably the third cycle that he was less involved with us.

THE COMMISSIONER: Did you pay for the drugs from the doctor?

THE WITNESS: I paid for the prescription.

THE COMMISSIONER: I am sorry, you got a prescription.

MS. CHOWN:

Q. Did you have any discussions either with the doctor or with your training partners and other weightlifters about possible side effects of anabolic steroids?

A. Yes.

Q. What information did you receive and



from whom?

A. From the doctor and from my training partners that -- well, to be specific I am not sure, but increased blood pressure was one of them, decreased sperm  
5 count, increase in testosterone, artificial testosterone level.

Q. What drugs did you obtain from your training partner?

A. Russian Dianabol.

10 Q. Did you --

THE COMMISSIONER: I am sorry, what did you say?

THE WITNESS: Russian Dianabol.

THE COMMISSIONER: Russian Dianabol?

15 THE WITNESS: Yes.

MS. CHOWN:

2. Did that seem to you to provide you with the same effects as the Dianabol you had obtained by  
20 prescription?

A. No, I felt it was stronger. It was --

THE COMMISSIONER: How did you know it was Russian Dianabol?

THE WITNESS: He got it in Russia.

25 THE COMMISSIONER: Person?



THE WITNESS: He got it in Russia, I see.

THE COMMISSIONER: That's his --

MS. CHOWN:

5 Q. Was there anything about the labelling  
of it --

A. I didn't understand it, but I -- and I  
certainly don't have the bottle now, but it was Dianabol  
that was obtained from the Soviets.

10 THE COMMISSIONER: Your partner got that  
when he was training in Russia or working out in Russia or  
participating?

THE WITNESS: Or participating in a  
competition, yes.

15 MS. CHOWN:

Q. Now, you had a rather, you have told me  
earlier, a rather dramatic change physically over the  
years following high school entering university. I  
20 understand when you left high school you weighed about 128  
pounds?

A. Yes.

Q. And at first year university, and just  
to be clear, this would be prior to you being on any  
25 anabolic steroid program?



A. Yes.

Q. You were about -- you grew six inches in your first year of university and put on about 30 pounds?

5 A. Yes, maybe even more.

Q. Then you began on a steroid program, as you have told us, in 1982. Did you have any further dramatic weight changes following that program?

10 A. Yes, I got -- I went from a starting training weight of 182 in 1980 to 1983 when I lifted at 219 pounds.

THE COMMISSIONER: From 180, approximately?

THE WITNESS: Yes, over the period of the course of three years, yes.

15 THE COMMISSIONER: How much do you weigh now?

THE WITNESS: One-eighty-five.

MS. CHOWN:

20 Q. As we said to be fair some of that weight gain took place prior to the introduction of steroids?

25 A. Yes, and in conjunction with the training, just the training in the off season and the extensive eating of almost -- close to 10,000 calories a



day. We would consume --

Q. Was that something you were doing as a bobsledder as well as a weightlifter?

A. Yes.

5 Q. During this period then between 1982 and just so we are clear you stopped taking steroids in 1984?

A. Yes.

10 Q. During that two-year period, what negative side effects did you note, if any?

A. Much increased blood pressure was the most noticeable effect for me.

Q. How was that made obvious to you that your blood pressure had increased?

15 A. Nose bleeds just in training, walking down the street, any time that I was, you know, excited or something I would have a nose bleed, and it would last five minutes sometimes.

20 Q. Is this something that you discussed with a physician in Ottawa?

A. No, other than to possibly have my nose cauterized.

Q. Did he do that?

A. No, I didn't have it done.

25 Q. Any other symptoms that you noted



during this period?

A. Lower back pain. That was -- and, of course, I was aggressive, I became aggressive.

5 Q. Did you attribute this change to the steroid program?

A. That and the -- sort of what I was doing. I was employed as a bouncer then, and kind of the whole social realm of being bigger than most people and being a bouncer that I had a chip on my shoulder, maybe  
10 the little guy theory, you know, now all of a sudden I was the big guy so that anybody who had ever poked me around before I thought maybe I should do that to him.

Q. The fact that you were experiencing the lower back pain and reasonably frequent nose bleeds, did  
15 that cause you concern and make you question whether you should continue with the steroids?

A. No.

Q. Why was that?

A. I questioned other weightlifters about  
20 it and they said it was all part of the program, and that was fine by me.

Q. They tended to minimize -- try and minimize being worried about them or --

A. You become anesthetized to the whole  
25 pro-con and pro-choice use of anabolics. It is just it is



there. You assume everybody is using it or everybody is and if you want to be a weightlifter or if you want to be in the game, then that's part of it. That's the way I felt then.

5 Q. Were you ever tested at a weightlifting competition?

A. I was, yes.

Q. During the time you were taking steroids?

10 A. Yes.

Q. You never had a positive test?

A. No. We followed -- our cycling program we hoped would, if we were tested, would test us negative by going off a certain period of time before, measured  
15 doses, and we felt that we would be negative.

THE COMMISSIONER: Did you ever use a catheter?

THE WITNESS: No.

THE COMMISSIONER: Or any other device to  
20 avoid the test?

THE WITNESS: No.

MS. CHOWN:

Q. Were you aware of the doping policy of  
25 the Bobsleigh and Luge Association?



A. Yes.

Q. Were you ever tested as a member of the Canadian bobsled team?

A. I was, yes, summer of 1985.

5 Q. That would have been testing then at a training camp?

A. Yes.

Q. The result of that test was?

10 A. Negative, but I had been -- I had not been using anabolics then for more than a year.

THE COMMISSIONER: You stopped in '84, I think you said.

THE WITNESS: Yes, the summer of '84.

THE COMMISSIONER: Thank you.

15

MS. CHOWN:

20 Q. During your competitive seasons as a bobsledder, did you form any impression as to whether anabolic steroids were being used either by other members of the Canadian team, first of all, and secondly, by other teams that you competed against?

A. I didn't believe they were in use.

Q. By either your own team members or --

25 A. By either my own team members or internationally.



Q. So, I guess to an outsider many of the qualities that you have described earlier as the strength, ability to push the sled, would be features that athletes might turn to anabolic steroids to achieve?

5 A. To an outsider, yes.

Q. That was not your observation?

A. No.

Q. Were you carded as a bobsledder, Mr.  
Flynn?

10 A. Yes.

Q. All right. During what period?

A. 1981 through to the end of 1987.

Q. What level of carding did you obtain?

A. Between B and C.

15 MS. CHOWN: Mr. Commissioner, those are all the questions I have for this witness.

THE COMMISSIONER: Thank you very much.  
Any questions? Mr. DePencier.

20 --- EXAMINATION BY MR. DePENCIER:

Q. Mr. Flynn, my name is Joseph DePencier and I represent Sport Canada and the Federal Government. I would like to just ask you a few questions about an athlete's motivation, following up on some of your  
25 comments and remarks you made about your own competitive



career.

From Ms. Chown's review of your career I understand that although you participated in bobsledding for a number of years, you were never a medalist at an Olympic Games; is that correct?

A. That's correct.

Q. And were you ever a winner of a competition or a major World Cup or other event?

A. Yes, I was. It can certainly be -- it is certainly on that list probably by AIB. I was a silver medalist at the Rafiesen in Pocal(phon) in --

THE COMMISSIONER: As a bobsledder? Are we talking about bobsledding or weightlifting, Mr. DePencier?

MR. DePENCIER:

Q. As a bobsledder?

A. There, and in 1984 in the FIBT summer trials I was a silver medalist.

Q. Over the years did you or the teams you participated in have consistent world rankings in any particular position?

A. No -- well, we always felt we were competitive in the range between the eighth place and the 10th place.

Q. So, the teams or which you participated



were not necessarily ranked in the top three or five or eighth consistently?

A. Correct, yes.

Q. Was it your expectation as you competed that you would move up and you had a chance to move up or break into the top group?

A. We always felt we were on the brink, on the edge.

Q. Was that part of your enjoyment and motivation in the sport?

A. It was.

Q. Nonetheless was it disappointing to you to maintain a ranking over the years that was below that top group?

A. There were other aspects of the sport that we hadn't yet availed ourselves to that disallowed us from making those steps, such as gaining experience, getting better equipment, and performing in more competitions all of which have been made available to us now.

Q. Nonetheless, although the Canadian teams on which you participated weren't in the top group, you got a great deal of personal satisfaction out of participating in the sport --

A. I did.



Q. -- year after year?

A. Yes.

Q. Have you any comments to make about that motivation or enjoyment that you experienced notwithstanding that you weren't in that top group?

A. We were -- we were always getting better. We were always improving. We had tremendous support from our people in our office and from our coaches. And the strongest motivator was seeing that we were making gains. Even though they don't seem to appear on the paper, we were always making gains. And that's what we were looking for.

I don't know that we always wanted to be number one. We always wanted to compete. We always wanted the thrill of competing in bobsledding in those events. That was why we always tried to improve so that we could, you know, get the recognition back home to get further sponsorship so that we could compete again the next season in more competitions.

Q. Does bobsledding receive a great deal of public attention or media attention?

THE COMMISSIONER: You mean during the Olympics or apart from the Olympics?

THE WITNESS: Yes, during the Olympics we receive a bit of attention and when one of our athletes



appears at the Inquiry probably receive a lot of  
attention. We go up and down. It is a difficult sport in  
the wintertime when you are not nationally televised and  
when we have other winter sports that do very well at  
5 competitions.

So, we are making our gains.

MR. DePENCIER: Those are my questions.

THE COMMISSIONER: Thank you, Mr.

DePencier. All right. Thank you very much, Mr. Flynn,  
10 for your assistance. Thank you. Good luck.

THE WITNESS: Thank you.

MS. CHOWN: Mr. Commissioner, I would like  
to call Mr. Morin now.

THE COMMISSIONER: All right.

15

BENOIT PAUL MORIN: Sworn

--- EXAMINATION BY MS. CHOWN:

THE COMMISSIONER: Mr. Morin. Yes, Ms.  
Chown.

20

MS. CHOWN:

Q. I understand that you are the managing  
Director for bobsleigh and luge for the Canadian  
Association of Bobsleigh and Luge?

25

A. That is correct.



Q. You started with -- that association is referred to as CABLA?

A. Yes.

Q. All right. You started with CABLA in 1985 first of all as the program director for luge?

A. That is correct.

Q. You then went on and became the technical director for luge prior to your present position?

A. That is correct.

Q. And am I also correct in understanding you have never been involved yourself as an athlete participating in either luge or bobsled?

A. That is also correct.

Q. Would you tell us first of all a little bit about CABLA, what is it, when was it formed, what does it do?

A. Well, CABLA was formed officially in 1973 by a group of Montreal people who were supporting young athletes that were going out to Europe and competing in the elite sport of bobsleigh.

We then evolved in to being relatively successful. And as the winter Olympics grew, so did the association and the team, teams.

In 1976 in February that Montreal group



continued to make the association work. It was what the so-called kitchen-top operation, smart businessmen in Montreal were running the association, getting sponsorships, sponsoring the team, and sending teams of usually two to four men to the various competitions, especially the Olympics.

Of course, in '76 with Innsbruck and '80 in Lake Placid, you know, that developed into a more structured organization and it officially got its first office through the auspices of Sport Canada in '82-'83, I believe.

THE COMMISSIONER: Are you funded by Sports Canada in any way?

THE WITNESS: Oh, yes, very much so.

THE COMMISSIONER: How much would be your budget to your group from Sports Canada in a year?

THE WITNESS: Sport Canada sponsors approximately between 50 and 60 percent of our total budget.

THE COMMISSIONER: What would Sports Canada's distribution be, approximately, in dollars?

THE WITNESS: Today or?

THE COMMISSIONER: Take '88 for example.

THE WITNESS: In '88, it was \$600,000.00.

THE COMMISSIONER: All right.



MS. CHOWN:

Q. What are your other sources of funding for the other 40 to 50 percent?

A. Corporate sponsorship, fundraising projects, supplier pools, the usual amateur sport.

Q. Now, I understand that each province is a member of CABLA?

A. Yes.

Q. And in each province there is a provincial association that corresponds to the national organization that CABLA is?

A. That's right. With both sports, we have two Olympic disciplines in CABLA, of course, and both disciplines have their various -- their own Board of Directors. And then there is a management committee that oversees both boards and directors.

Q. Now, you helped us out earlier by indicating numbers of people involved in bobsleigh on teams and so on. Can you just give a general idea of the number of people that would be participating in both bobsleigh and luge across Canada?

A. I think realistic numbers including the programs that we are running today now, and I am talking about the discipline of sliding in general, because really bobsleigh, of course, is the extreme, luge being maybe in



the middle. It is very sophisticated tobogganing.

So, we have created programs for children to get involved in learning the basic sliding skills at a very young age on snow with modified toboggans which will eventually develop skills for them to be able to either to  
5 decide to do luge or bobsleigh.

And in that light, we have put about 4,000 people, various kids, adults, teenagers, high schools, on sleds.

Competing seriously in the discipline of luge, there is approximately 200. And in luge there is two disciplines. There is natural luge sliding, which is basically an ice to road, and they race on an ice road, and there is a lot more people participating in that, of  
10 course. And then in the Olympic-type luge, there is approximately 60 to 80 serious sliders in the country.

Q. Would you give us just a brief description of what luge is?

A. Well, the Olympic discipline of luge?

20 THE COMMISSIONER: Yes, I think that's what we are most familiar with. That's the only one I have watched, actually.

THE WITNESS: There is the single events for the men and the women, which is a sled with a fiberglass  
25 and a shell which is aerodynamic.



THE COMMISSIONER: I forgot to ask Mr. Flynn, are there any women teams in bobsledding?

MR. FLYNN: Not in a structured format, no. There are women that bobsled, though.

5 THE COMMISSIONER: But no structured teams?

MR. FLYNN: No.

THE COMMISSIONER: In the Olympics, were there women participating in the --

MR. FLYNN: No.

10 THE COMMISSIONER: I am sorry, go ahead, Mr. Morin.

THE WITNESS: We have had women at our national championships competing, three teams I believe.

THE COMMISSIONER: In bobsledding?

15 THE WITNESS: In bobsledding, yes. In luge there is the women's singles.

THE COMMISSIONER: Both.

20 THE WITNESS: Yes, event. And it is a 25 kilo sled, wood runners as they are called with a steel runner at the bottom, fiberglass shell, two little bridges and they slide down the 1,200-meter track for the men and 850 meters for the women.

MS. CHOWN:

25 Q. The luge is the one where you lie on



the sleigh?

A. That's right. The athlete is laying down. The head is as far back as possible for aerodynamics, toes pointed, and going 60 miles an hour down a track --

THE COMMISSIONER: But you are sliding backwards --

THE WITNESS: -- looking between his toes.

THE COMMISSIONER: Just lying back?

THE WITNESS: Just lying back.

THE COMMISSIONER: It always worried me when I watched it.

MS. CHOWN:

Q. You have indicated to me in our earlier discussions that as far as luge goes the start is not as significant a part of the event as it is in bobsleigh?

A. That is correct. The start motion is similar to the rocking motion of bobsleigh, but it is basically two handles a little wider than the shoulders and they do a rocking motion and go down the -- there is a decline immediately upon the start.

Q. How is the sleigh steered?

A. The sleigh is steered with the shoulders and the inside of the legs. And it is a



cross-body steering motion. How can I explain it? Much like a skier will dig in with the outside ski and lift the inside ski to turn left, while in the luge it is the same thing. The leg presses on the runner so the runner  
5 digs into the ice, then the shoulder presses down lifting the other runner or the opposite runner to create a left-hand turn and vice versa for a right-hand turn.

Q. Coming back to the organization of the sport, I understand that each of the two disciplines that  
10 form part of CABLA have their own separate international federations?

A. That is correct.

Q. What is the federation for bobsleigh on an international level?

15 A. The federation for bobsleigh is the Le Federation Internationale de Bobsleigh Toboggan.

Q. So, it is FIBT as it is commonly referred to?

A. That's right.

20 Q. And for luge?

A. It is Federation Internationale de la Luge, and it is FIL.

Q. Are there countries that are particularly strong in either event in an Olympic year or  
25 in the World Cup?



A. Definitely there is domination from the Eastern Bloc countries. East Germany, for example, is very strong in the luge and bobsleigh discipline.

5 The Soviets, the West Germans, the Italians, the Austrians, those are the power houses, if you wish, of the sleighing.

Q. Mr. Morin, I would now like to turn to the Doping Policy and Plan of CABLA, and you have been kind have enough to provide me with a copy of that. If I  
10 can put a copy in front of you.

THE COMMISSIONER: What date is this?

MS. CHOWN: This is the current policy, I believe.

15 THE WITNESS: Yes. The policy was created and written in '85 and ratified at the 1986 Annual General Meeting of the CABLA Board of Directors.

THE COMMISSIONER: This is the Canadian policy?

THE WITNESS: Yes.

20 THE COMMISSIONER: All right.

THE REGISTRAR: This will be 232, Mr. Commissioner.

--- EXHIBIT NO. 232: Document entitled "CABLA Doping  
25 Policy and Plan.



THE COMMISSIONER: Is there a date on this?

THE WITNESS: The FIBT has a dope policy;  
the FIL does not.

THE COMMISSIONER: Okay.

MS. CHOWN:

Q. Then, Mr. Morin, just looking at the  
Exhibit 232 that you have before you, there is an opening  
paragraph on page one that makes a general statement. And  
let me just read it:

"To the best of our knowledge no  
international bobsleigh or luge athlete has  
tested positive in an international event.  
Certainly, no Canadian has ever tested  
positive."

Does that, when we are talking about  
Canadian athletes, does that refer to both at a training  
camp as well as internationally events there has been no  
positive tests?

A. No, we were referring to the events.

Q. All right. Have there been any  
positive tests of Canadian bobsleigh or luge athletes at  
training camps?

A. Never.

Q. All right. You also say in that



paragraph dropping down one sentence that:

"... CABLA has taken the initiative to test its athletes in Canada prior to the international circuit. Although the sanctions remain the same, it is felt that international embarrassment would be less if the infractions were found domestically during training."

When did CABLA make a decision that it would start to test its own athletes in Canada before they embarked on the international circuit?

A. I believe that the initial conversations regarding the establishment of an anti-doping policy for CABLA was initiated at a management committee meeting in the spring of '85.

Q. That's for an overall policy?

A. Yes.

Q. In the spring of '85 was there consideration given to testing athletes in Canada at training camps?

A. Yes.

Q. When was that testing instituted?

A. As a matter of fact, it was instituted the summer, that summer, in '85 where we did testing at camps.



Q. Can I ask you just to turn to page 2 of the policy. Under II A we have a Position Statement of the Association. And in summary form that basically indicates that your association opposes the use of banned substances and supports the policies that have been put into place not only by Sport Canada and the Canadian Olympic Association, but by the international federations of your sports?

A. That is correct.

THE COMMISSIONER: I see this refers to something in '87. Is this the revised one? I have an asterisk "to be revised".

THE WITNESS: Yes. We are in the process now, if I can explain. We are in the process now of modifying this doping policy, of course, to follow the recommendations of the Canadian Olympic Association and the new format that's being established by the Sports Medicine Council of Canada.

THE COMMISSIONER: All right, thank you.

THE WITNESS: In conjunction with Sports Canada.

MS. CHOWN:

Q. Now, as well on page 2 there is reference to something you referred to earlier. and that



is that the International Luge Federation does no drug testing at all.

A. That is correct.

Q. Can you expand on that for us. Why do they not carry out testing?

THE COMMISSIONER: Except at Olympic Games.

THE WITNESS: Except at Olympic Games, yes. It is fairly difficult to explain in that I think it is because of the political structure of the organization. The man who founded, an Austrian, who founded the International Federation in 1957 is still the president today at 78 or 79 years old. And his presidium is again a very old presidium. And I am not sure they have evolved and realized the realm of possibilities regarding doping of athletes.

MS. CHOWN:

Q. So, the current situation for a luge athlete, leaving aside the Olympics Games, if a luge athlete is participating in any of the European circuit events as it relates to luge, there would be no testing?

THE COMMISSIONER: I gather, though, they are tested before they leave Canada now?

THE WITNESS: Yes, they get, to their chagrin, they get tested when they come here for our World



Cups. And we have started that since '87.

THE COMMISSIONER: I see.

MS. CHOWN:

5

Q. So, I just want to be clear. If you have a European athlete who is a luge athlete who is competing in Europe at a non-Olympic event, there would be no testing?

A. That is correct.

10

Q. If that same European luge athlete participates at a luge event in Canada, there would be testing?

THE COMMISSIONER: At the competition.

15

MS. CHOWN:

Q. At the competition?

A. That is correct.

20

Q. The Canadian luge athletes are subject to a further testing or may be subject to further testing at the training camps?

A. That is also correct.

25

Q. Now, you say in your policy at page 2 that it is the intent of CABLA to promote to the International Luge Federation the necessity of stricter and more frequent testing.



Has the association done anything to carry out that intent?

5 A. Well, we -- we did prior to '88, but since then there has been a change in the board and there is now a new president representing Canada at the FIL. And, again, it is very difficult to make head way in the FIL unless you have been with them for many years. It is very much an "old boy's network". It is quite difficult to integrate.

10 Q. But does it form part of the continuing plans of the Association to press for testing on the international level --

A. Very much so.

Q. -- of the luge?

15 A. Yes.

Q. Just ask you to turn to page three of your policy. That refers to what you call the random doping control testing of bobsleigh and luge athletes.

20 The sentence there is part of your procedural consideration. It refers to the facts -- it refers to the fact that all national team athletes must submit at competitions and other reasonable times to random doping control testing upon request by CABLA or another authority designated to do so by CABLA.

25 Q. Can you tell me first of all whether any



random testing is done of athletes outside the training  
camp situation and competition situation?

A. No, there hasn't been. At the time of  
the development of this policy, we followed the procedures  
of -- established by Sport Canada in their anti-doping  
program. And this is very much a reflection of that.

10

15

20

25



A. At that time, the way we understood what they meant by "random dope testing" was basically we would decide, as the management committee, would decide at specific dates, either sometimes it was Camp 1, sometimes it was Camp 3, sometimes it was at the National Championship or a North American Championship. That's what we defined as random doping testing, as opposed to today, which is very much possibly showing up at the athlete's house and short-notice testing.

Q. Or no notice?

A. Very short notice.

Q. Or no-notice testing?

A. That is correct.

Q. I notice on page 5 of your policy there is a statement at the bottom that athletes are to be advised at the first dryland camp of each season that testing will take place at a minimum of one camp. I understand that you've made some changes in that sentence and in that proposal since 1987?

A. Since 1986 when this was --

Q. Right.

A. We're now in the process of changing that closely with the Sports Medicine Council of Canada and Sport Canada, you know, changing the wording to "at-notice testing" --



At the time that this was developed, it was very much protocol for the coaches to have a meeting at the beginning of the summer training program and explain to the athletes, as well as what they were supposed to do, that there would be a possible doping test over the summer camps, but we didn't tell them which one it would be; but there was a warning given to the athletes.

Q. So there was a warning that there would be testing at the camps but no indication of which camp?

A. That's correct.

Q. Is it your intention to continue to warn athletes that testing may take place?

A. No. We've now evolved to the point that I believe that no-notice testing is something that we will definitely integrate into our anti-doping program and policy.

Q. Finally, I want to review with you the sanctions that your association has in place for those found in contravention of your doping policy. The penalties and sanctions are listed starting at the bottom of page 3. Can you tell me what the sanction or penalty is for a first-time offence for the use of a banned substance?

A. Right now, it's a one-year suspension.

Q. I note that your policy refers to any



athlete or staff member who has used banned drugs would receive a one-year suspension?

5 A. I guess also within the development of this policy, we took the word "drugs" in a very open perspective. We included alcohol, recreational drugs and those other types of things as part of this doping policy, and that's why we refer to staff or volunteers regarding the use of "drugs", in this case alcohol.

10 Q. I note in fact it's a two-pronged offence that any "athlete or staff member or volunteer also who is found to be in possession...", and this time it says "...of a banned substance or to have supplied such drugs to others will also be subject to sanction"?

15 A. That is correct, again following the policy that was established by Sport Canada and the Sports Medicine Council of Canada. These are paragraphs, if you wish, that were taken right out of the policies that they would like for associations to --

20 THE COMMISSIONER: Actually, second-time offenders would get lifetime suspensions?

THE WITNESS: That is correct, yes.

THE COMMISSIONER: I think it's all very clear. Thanks.



MS. CHOWN:

Q. That's in addition to any sanctions that may be applied to other bodies?

A. That is correct.

5 MS. CHOWN: Mr. Commissioner, those are all the questions I have for Mr. Morin.

THE COMMISSIONER: Any questions, Mr. DePencier?

MR. DEPENCIER: No, thank you.

10 THE COMMISSIONER: Well, thank you very much for your assistance, Mr. Morin. It was very nice to meet you.

We will take a short break.

--- Upon resuming.

15 THE COMMISSIONER: Ms. Chown.

MS. CHOWN: Thank you, Mr. Commissioner. Our next witness is Mr. Mark Logan.

MARK LOGAN: SWORN

20 --- EXAMINATION BY MS. CHOWN:

Q. Mr. Logan, I understand that you were born in Toronto in 1960?

A. Yes.

25 Q. You attended Lawrence Park Collegiate and got your Grade 13 from that institution in 1980; is



that correct?

A. Yes.

Q. Following that, you began as a freshman  
at York University in 1981, and you were at York up until  
5 1985?

A. That's true.

Q. Did you obtain a degree from York?

A. Yes.

Q. What was that?

10 A. A Bachelor of Science in Biology.

Q. Following some courses that you took at  
the University of Toronto in the summer of '85, I  
understand that you then went to the United States to St.  
Louis in the fall of 1985 to attend Logan College of  
15 Chiropractic?

A. Yes.

THE COMMISSIONER: Are they related to you?

THE WITNESS: Somewhere down the road.

20 MS. CHOWN:

Q. You obtained your qualifications as a  
chiropractor in December of 1988 from that institution?

A. Yes.

Q. You are now practicing full time as a  
25 chiropractor?



A. M'hmm.

Q. Mr. Logan, turning to your athletic career, I understand you were involved in football, rugby and other sports at high school?

5 A. Yes.

Q. Primarily football?

A. Primarily.

Q. When you went to York University in 1981, did you try out for the York Yeoman football team?

10 A. Yes.

Q. You made the team?

A. M'hmm.

Q. I understand you played for York for four years?

15 A. Yes.

Q. What position or positions did you play?

A. I was a linebacker.

MS. CHOWN: You might have to speak a bit more into the microphone.

20 THE COMMISSIONER: Pull your chair up just a bit. Mr. Logan.

MS. CHOWN:

25 Q. You were a linebacker?



A. Yes.

Q. Who was the coach during the time you were at York, the head coach.

A. The head coach is Dave Pickett.

5 Q. As well as being a member of the York Yeoman football team between 1981 and '85, I understand that you also began to participate in the sport of power lifting, and that would have been sometime in 1982 that you started in that sport?

10 A. My first competition was in the winter of 1982.

Q. Where did you do the training for the power lifting?

A. At the YMCA.

15 Q. I understand that following your start as a competitor in power lifting in 1982, you have continued to be a competitor in power lifting up to the present and indeed plan to continue to do so?

A. Yes.

20 Q. Do you have a coach for your power lifting?

A. No.

Q. Self coached?

A. M'hmm.

25 Q. Mr. Logan, I'd like to turn to the



question of anabolic steroids and ask you, first of all, whether you had any exposure to steroids when you were in high school in Toronto?

5 A. Not that I really recall. I'm sure it came up, but mostly my first year in college.

Q. So your first year at York University would have been the fall of 1981?

A. M'hmm.

10 Q. How was it that there was some discussion of steroids that you participated in?

A. Conversations overheard; conversations with other players as well as other power lifters that I had known.

15 Q. Did you do any investigation yourself on the subject of steroids? In particular, did you do any reading?

A. Yes, I always did.

Q. What were your sources?

20 A. At that time, it would only be sport magazines on training, like a Muscle & Fitness, or something of that nature.

Q. Muscle & Fitness magazine?

25 A. Something like that. It would be a general magazine at that time. It wasn't until later that I read other journals.



Q. You indicated that you had discussions with others at the university including power lifters. As far as the York football team, did you have any discussions with team members in the fall of 1981 about steroids?

A. No.

Q. To your observation, were there members of the York Yeoman football team using steroids at that time?

A. Oh, I'm sure.

Q. Did you have any direct knowledge of that?

A. No, up until now.

Q. Moving forward slightly into the spring of 1982 following your first football season with York, we heard earlier that you were then involved as a competitive power lifter. Did you continue to consider the question of anabolic steroids, and in particular did you make a decision about whether you, yourself, would embark on a course of steroids?

A. Yes. I had competed in two separate competitions without taking them, and at that time I decided to go up a weight class and take anabolic steroids.

Q. Was your football career and the future



of that, did that form any part of your decision to go on steroids?

A. Oh, definitely.

Q. What were the factors that were  
5 involved?

A. Size, to play as a linebacker. I wasn't heavy enough.

Q. Was that something that your coaches had indicated to you that your chances would be better  
10 were your size to be greater?

A. Yes, and it was obvious as well.

Q. What do you mean by that?

A. Well, I mean, you play with players who are 20 or 30 pounds heavier than you. That takes a bit of  
15 abuse on your body.

Q. What was your weight in the fall of 1981, if you recall, at the time you were playing football?

A. About 193 pounds.

Q. What was your goal for weight as a  
20 linebacker at that time?

A. I was going to come in at 210. That's what my goal was.

Q. So at that point, in the spring of  
25 1982, you wanted to increase your size and strength both



for power lifting and for football?

A. Yes.

Q. What steps did you take to go on a cycle of steroids?

5 A. I had heard through other power lifters of physicians that would administer steroids to me.

Q. Did you in fact go to see a particular physician?

A. Yes.

10 Q. Who was that?

A. That would be Dr. Artinian.

Q. Where was Dr. Artinian's office located at that time?

A. On Bloor Street.

15 Q. When you said you had heard of his name, was that from other power lifters?

A. Yes.

Q. It was your understanding that Dr. Artinian would prescribe steroids?

20 A. Yes, and administer them.

Q. Then sometime in early 1982, did you make an appointment and go and see Dr. Artinian?

A. Yes.

25 Q. Could you describe, as best as you can recall, your first visit to him?



A. Well, my first visit would actually be prior, in the early winter of '82, and that was just for a diuretic. That would be my first contact with Dr. Artinian.

5 Q. Let's just stay with that for a moment. Why did you want to obtain a diuretic?

A. At that time, I was still at the lower body weight, weight class to complete, and I was having problems keeping down that body weight, so I used  
10 diuretics to keep my water weight off.

THE COMMISSIONER: Was he your general physician?

THE WITNESS: No.

THE COMMISSIONER: You just went to him for  
15 the one purpose of getting a diuretic; is that right?

THE WITNESS: At that time, yes.

THE COMMISSIONER: The first time.

MS. CHOWN:

20 Q. So during that first visit to Dr. Artinian where your purpose was to obtain a diuretic, did he sit down with you and take a history from you?

A. No.

25 Q. Did he carry out a physical examination?



A. No.

Q. What then occurred in that visit? Did you simply ask for a diuretic?

5 A. Yes, and I think I may have asked for some advice of some sort, and if I recall, he may have suggested a potassium supplement to help me from muscle cramping during the water loss. That would be the only advice that I can recall.

Q. Did you receive a diuretic from him?

10

A. Yes.

Q. Do you recall now whether that was by prescription or whether he actually gave you the tablets?

A. I don't recall whether it was a prescription or he gave it to me.

15

Q. What did you receive?

A. Lasix.

Q. Did you take that?

A. Yes.

Q. What effect did it have?

20

A. I dropped the body weight that I needed to drop.

Q. So that visit you indicated took place sometime in the winter of 1982?

A. Yes.

25

Q. Your decision to go on a cycle of



steroids was made sometime in the spring of the 1982. Was it at that point that you went back to Dr. Artinian for a second visit?

A. M'hmm.

5 Q. Do you recall, when you went in to him to obtain steroids, what happened?

THE COMMISSIONER: Did you go alone, by the way? Did you go alone, or were you with someone?

THE WITNESS: I went alone the second time.

10

MS. CHOWN:

Q. Can you tell us what happened on that second visit, please.

15

A. It was the same format. I made an appointment, waited a considerable amount of time, as per usual, and I went into the room with him and pretty well told him what I wanted.

THE COMMISSIONER: What did you want?

20

THE WITNESS: At that time, I asked for Deca-Durabolin. I wanted word of mouth what would be a safer anabolic steroid to take. I did ask for some recommendations but he was very hesitant as to what I should and shouldn't take.

25



MS. CHOWN:

Q. So you asked him for Deca-Durabolin?

A. Yes.

Q. Did he provide that to you?

A. Yes.

THE COMMISSIONER: Did he examine you?

THE WITNESS: No, there was no examination.

If there was a patient history, there wasn't very much of one.

MS. CHOWN:

Q. Did he take any blood or urine samples for laboratory analysis?

A. Not at that time.

Q. Did you have any discussion with him about any possible side effects of taking Deca-Durabolin or any possible side effects of steroids in general?

A. I don't recall that at all.

Q. Did you receive an injection from him on that visit?

A. Yes.

Q. Did you pay him for that?

A. Yes.

Q. Do you recall now what the payment was?

A. It was a cash payment of approximately



\$20 for a vial of Deca-Durabolin.

Q. Did you take that vial away with you?

A. No, but I think he let me keep the box, or something, because he always wanted to make sure that you knew what you were getting, like making sure it wasn't bad, that it was a good brand-name.

THE COMMISSIONER: But he gave you the injection, did he?

THE WITNESS: Yes.

THE COMMISSIONER: So he give you an empty box, then?

THE WITNESS: Yes, basically. I had never taken anything before, so I just read -- with each vial, they have a little chemical.

MS. CHOWN:

Q. Did you discuss a plan with Dr. Artinian at the end of that second visit, which was the second visit, to return for future injections?

A. No, I don't recall.

Q. What was your intention at that point?

A. Well, the intention was to go on what would be a typical steroid cycle which would last, I would think, anywhere from 8 to 16 weeks, depending on what source you would read.



Q. Did you have any discussion with Dr. Artinian during that visit about taking oral steroids as well as the injections?

A. No, not at that time.

5 Q. Following your visit to him in the spring of 1982 to obtain the injection of Deca-Durabolin, did you subsequently return to his office on a regular basis for further injections?

A. Yes.

10 Q. Would that be over the time period that you've described?

A. Yes, that would be weekly for quite a few weeks.

15 Q. Did you continue to receive the same drug --

THE COMMISSIONER: Did he take your OHIP number?

20 THE WITNESS: He may have taken my OHIP number. It's been a while. I'm trying to recall as best as possible.

THE COMMISSIONER: You said you don't recall him taking a patient history. Did he physically examine you?

25 THE WITNESS: No, there was no physical



THE COMMISSIONER: And no tests?

THE WITNESS: No tests.

THE COMMISSIONER: No lab tests?

THE WITNESS: Not at that time, in 1982.

MS. CHOWN:

Q. And then the pattern of visits that you would have every week or so, what would be the format, in very brief terms, as to what happened?

A. Well, it would be about the same thing. You would wait a long time, and then you would go into the room and just basically order what you wanted. At one time, I changed the drug, you know, whatever I wanted. It wasn't a matter of him telling me anything.

Q. So you would tell him what you wanted?

A. M'hmm.

Q. If he had that, he would administer it?

A. Yes.

Q. As far as dosage, was that something that you requested a specific dosage?

A. Yes, I monitored the dosage.

Q. So you would say to him, for instance, "I want so many milligrams of this drug"?

A. Well, yeah, you can figure that out through the dosage and what you ask for and your



frequency.

THE COMMISSIONER: He would give you the injections, and then you would pay him cash again?

THE WITNESS: Yes.

5

MS. CHOWN:

Q. What effects did you notice, Mr. Logan, as a result of that first cycle of Deca-Durabolin that you were on?

10

A. Well, strength gain; weight gain.

Q. Did you in fact go over the 200 pounds up to the 210 mark that you were aiming for?

A. Just almost, within two pounds.

15

Q. Did you notice any other negative side effects?

20

A. The negative side effects probably would have been water retention as opposed to weight, my pure muscle gain. Mild achne. That was about it. It may not at that time -- there was some slight increase in aggressiveness. It's difficult to tell when you are playing football whether it's the drug or just you.

Q. All right. Did you continue on a cycle of steroids up to the time of the football training camp in preparation for the 1992 football season at York?

25

A. Yes.



Q. When you went to camp that summer in 1982, did you advise any of your coaches that you were taking anabolics?

A. No.

5 Q. Was the topic of steroids something that your coaches either sat down formally or informally with the team to discuss?

A. Not at all.

10 Q. Were you aware of any policy, for instance the CIAU, with respect to steroid use by college football players?

A. At that time, there was no testing. It wasn't a banned substance, as far as I knew.

Q. As far as you were aware?

15 A. Yes.

Q. Did anyone on the team, whether coaches or fellow team members, comment on the changes that were now physically apparent in you, specifically the weight gain?

20 A. Yes.

Q. The water retention?

A. M'hmm.

Q. I believe you indicated to me there were some jokes about that?

25 A. Well, it's just like everyone knows



and everybody is taking them. I guess there is some humour to that.

Q. Okay. Following 1982, you played for the York team. Did you feel that the steroid cycles that you had been on were of any assistance to you in competing on the team?

A. Yes, definitely.

Q. Is that chiefly because of the size or the strength?

A. Size; strength; speed.

Q. The winter of 1982, '83, that's when you started to do power lifting?

A. Yes, in the off season from football, I power lift.

Q. Following the football season, did you return to Dr. Artinian for further steroids?

A. Yes.

Q. Was the routine the same that you have described for us that took place in the spring and summer of 1981?

A. Yes.

Q. I'm sorry, 1982. Were you taking the same drugs?

A. No, I would switch around to different things, try different things to see if they worked more



effectively.

Q. So you had tried Deca-Durabolin. What else did you try at this time?

A. Depo-Testosterone; Dela-Testosterone; Metandren. I believe at that time Dianabol was off the market, so he didn't have access to that. Winstrol. That's about all I can recall.

Q. Are you talking about Winstrol injectable or Winstrol tablets?

A. That would be oral.

Q. So you were doing stacking, as we've heard it described, taking oral medication as well as the injectables?

A. Yes.

Q. Do you recall at this point the dosages of injectable medication that you were taking?

A. I would still try to keep it at around 250 milligrams a week. I didn't go much over that. That would be my maximum.

Q. During the period that you were attending at Dr. Artinian's office in 1982 and '83, did he carry out any physical examination or do any monitoring of you during these cycles?

A. At one time later in that second period, I believe he ran a blood test, a urinalysis, and



then he would routinely, every visit, we'd do a blood pressure check with his assistant.

Q. Were you ever advised as to whether you had any irregularities or abnormalities as a result of that monitoring or those tests?

A. No, I wasn't.

Q. Were you going to your family doctor throughout this period, Mr. Logan?

A. I would go to my family doctor for a physical to participate in the next season. I think that's about the only time I think I had to go to him.

Q. Did you tell your family doctor you were on a steroid regime?

A. No.

Q. We now get to the fall of 1983. You returned to York. You played that season for the York Yeoman. Was there any difference with respect to what you told us previously; that is, was there any formal discussion or informal discussion between you and your coaches about steroids?

A. Maybe informal. Nothing that would stand out.

Q. Did you continue to go on a cycle of steroids, then, following the 1983 football season --

A. Yes.



Q. -- through the power lifting that you were doing in the winter of 1983, '84?

A. M'hmm.

Q. Did you obtain those steroids from Dr. Artinian?

A. At the time, yes.

Q. Was it the same routine that you've described to us?

A. Basically, yes.

Q. And you continued to make a cash payment as you attended on a weekly or every other week basis?

A. Yes.

Q. Did Dr. Artinian at this time as well continue to do some monitoring of your blood pressure?

A. Yes.

Q. We then move to the fall of 1984. You are back at York playing football, and that would be your fourth season as a member of the York Yeoman team?

A. M'hmm.

Q. Can you tell me whether you were able to form any observation at that time about the extent of use of anabolic steroids by other members of the York University team?

A. It's very difficult to tell, because a



lot of people deny, and you find out later that they had taken it. There is an estimated proportion of the players who took it. No one really talked about it much. That's about it.

5 Q. Do you have any observations as to the extent of use by the team?

A. Oh, I have good knowledge of quite a few of the players that were taking it because it would be a form of communication. We'd all talk about, you know, what had he taken and the success rate as training, using  
10 steroids.

Q. What percentage of the team would you estimate at that time was involved in some sort of steroid program?

15 A. Well, I'm guessing. I guessed at possibly 20 percent, and I would think that would be on the low side. That would be giving a lot of people --

THE COMMISSIONER: Well, in special positions, is what I've been told.

20 THE WITNESS: Basically the heavier positions; the linemen, the linebackers, the running backs.

MS. CHOWN:

25 Q. Following the 1994 football season, did



you continue to do power lifting through the winter of 1984-85?

A. Yes.

Q. Did you once again return to Dr. Artinian and resume steroid cycles during that period?

A. No, I didn't go back to him at that period.

Q. Why was that?

A. Basically, I would go there and wait two hours, and he wouldn't give me any advice. He would just inject the steroid into me. So to save a lot of time and actually save some money, I used black market drugs at that time.

THE COMMISSIONER: Where did you get those?

THE WITNESS: From a power lifter at one of the gymnasiums.

THE COMMISSIONER: In Toronto?

THE WITNESS: Yes.

MS. CHOWN:

Q. You had been training, doing power lifting through a number of years, and would you have been at various gyms in Toronto?

A. No, I trained basically at the same gym each time. I trained at different gyms throughout the



four-year period.

Q. Was it your observation during that time that steroids were available in gymnasiums?

A. Oh, yes, no doubt.

Q. Easily available?

A. Easily.

Q. You mentioned cost. Was it in fact cheaper for you to purchase from a source in the gyms than it was to pay Dr. Artinian for the injections?

A. Yeah. I would buy a volume, so if I wanted to do an eight-week cycle of steroids, I could buy an eight-week cycle.

THE COMMISSIONER: Did you inject yourself after that?

THE WITNESS: I'm sorry?

THE COMMISSIONER: Did you inject yourself?

THE WITNESS: A couple of times I did, but usually I would get someone else to do it.

MS. CHOWN:

Q. Did you have any concern as to whether you were receiving legitimate products when you purchased them through the gyms?

A. The person I purchased it through, I trust him.



Q. I haven't asked you for a while, but during this period, did you continue to experience the same kinds of side effects that you described earlier, that is the water retention, the mild achne?

5 A. The water retention, yes; the achne, no. That just kind of came up earlier.

Q. What about the aggression that you mentioned earlier? Did that continue to be a factor?

10 A. It is difficult to tell because you kind of get used to being on it, and you try to control that because that's kind of a bad effect. You can get into a lot of problems with that.

Q. What kinds of drugs were you obtaining from your source in the gyms?

15 A. I'm sorry.

Q. What kinds of drugs were you obtaining from your source in the gyms?

20 A. It would only be one period that I did obtain it from a gymnasium, and at that time I had a liquid Dianabol and an aqueous Equipoise.

Q. What's Equipoise?

A. It's an anabolic steroid. Actually, it's used for horses.

Q. So it's used for veterinarian purposes?

25 A. Yes, for veterinary purposes.



Q. Would your friend give you advice as to dosage for these particular drugs, or is that something you --

5 A. I did a lot of reading on my own. I'd rather trust myself. I don't think a lot of these people read much.

10 Q. Turning to the spring of 1985, you were continuing to compete in power lifting. Did you receive some information about a power lifting meet you were going to compete in in July of 1985 that caused you some concern?

A. Well, not concern as such. There was a meet coming up in July, and there was a possibility that they would begin drug testing at that meet.

15 Q. Had you been tested at any of the power lifting meets that you competed in?

A. No, they hadn't begun testing yet.

THE COMMISSIONER: There was no testing of football in those days either?

20 THE WITNESS: No, there wasn't. I don't think there was until two years after.

MS. CHOWN:

25 Q. You had been on a steroid cycle in the spring of 1985?



A. Yes.

Q. So what steps or what reaction did you have to this news about possible testing?

5 A. Well, the problem was I knew it was going to be my last meet for quite a while, but I still didn't want to risk a chance of being suspended. So I went to another physician on the chance that he would clean me up and pretty well also help me out with advice, because at that time I would like to have had a little bit  
10 more advice.

Q. Who was that physician?

A. That was Dr. Astaphan.

Q. How did you become aware of his name?

A. Once again, that was through another  
15 power lifter.

Q. It's my understanding that you went to see Dr. Astaphan over a series of visits in June and July of 1985?

A. Yes.

20 Q. Can you describe to the best of your recollection what took place at your first visit to Dr. Astaphan's office?

A. I made the appointment. I would arrive at the office, and I would go back to the office with Dr.  
25 Astaphan. He took a history, as I mentioned earlier. His



exam, I'm not specific exactly how detailed the exam was, but the history was quite thorough as to my drug use and any kind of illnesses I had.

5 Q. Did you advise him him of the fact that you had been on steroids for a number of years at that point?

A. Yes.

Q. And specifically the dosages?

10 A. The dosages and even my training poundages so he knew at what level I was.

Q. Did Dr. Astaphan make any comment to you about the dosages that you had been on?

A. Yes.

Q. What was that?

15 A. He thought they were way too high.

Q. These would be the injectables that you referred to? You were sometimes on a dosage of 250 milligrams a week?

A. Yes.

20 Q. He thought that was too high?

A. He thought that was too high. I had heard of a lot higher, so I thought I was modest.

25 Q. Did you have any discussion with Dr. Astaphan on that visit or at any of your other visits with him about side effects?



A. It's possible. Kind of by then, I knew them. It's hard to tell.

Q. Did he take any blood or urine from you for lab analysis?

5 A. Yes, quite regularly.

Q. So on the first visit and on subsequent visits?

A. Yes.

10 Q. Were you ever advised by him that you had any problems?

A. No. When my tests came up, as far as I was concerned, they came up clean or clear.

Q. Were you looking to Dr. Astaphan to prescribe or administer steroids to you?

15 A. Yes.

Q. Did he do so?

A. Yes, he did.

Q. What did you receive from him?

20 A. From what I understood, it was something that he had kind of devised, where it was a mixture of a liquid aqueous Dianabol, Inosine and I believe some growth hormone.

Q. That was something you understood he mixed up?

25 A. It was something that he had researched



and worked on for quite a few years, from what I understood, and that was one that was a very low dosage. A lot of the other vitamins and Inosine would help me out on other aspects.

5 Q. Do you recall now what dosage you were receiving from Dr. Astaphan?

A. From what I understood, it was almost under 100 milligrams. That would include the Winstrol. He gave me some Winstrol-V just for the first few weeks.

10 Q. Are we talking about tablets or injections?

A. Tablets to go with the injections.

THE COMMISSIONER: You said Winstrol-V, did you?

15 THE WITNESS: Yes.

MS. CHOWN:

Q. What reaction if any did you have to the program that Dr. Astaphan put you on?

20 A. None. I maintained my strength. I didn't really get any strength gains, probably because I was on so many other higher dosages earlier that I was almost cut more than half.

Q. Did you have any discussions with Dr. Astaphan about clearance times in view of the fact that

25



you were going to be participating in a meet at which there might be testing in July?

A. Yes. Based on the dosages and what he gave me, he told me that I would test clean. The only  
5 thing he was concerned about was exactly what I had taken previously. I believe one of them was an oil-based steroid, and that is easily detected.

Q. Was there in fact testing at this meet in July?

10 A. No, there wasn't.

Q. Earlier we heard that in the fall of 1985, you left Canada to go to the United States to begin your training as a chiropractor?

A. M'Hmm.

15 Q. Following that time, that is your visits to Dr. Astaphan in the spring of 1985, did you subsequently go on anabolic steroids at any other time?

A. No.

20 Q. I'd like to ask you, however, I understand that you are still competing as a power lifter in the United States, and you are doing so without the assistance of steroids?

A. Yes, that's true.

25 Q. In fact, you told me that you participate in meets that are run by an Association called



the American Drug Free Power Lifting Association?

A. Yes, that's true.

Q. Can you tell us a bit about that association, please?

5 A. I believe it has been around maybe eight or ten years. They randomly test at all meets. At this point, you have to be 18 months clean from drugs. The testing can be anything from a urinalysis to a blood test or just a polygraph if it's a local meet.

10 Q. Do they do any testing outside of competition?

A. No, I don't see why they would do that. It's just at the competition.

15 Q. How are you doing in the competitions you've been participating in recently?

A. Oh, I've done quite successfully. I hold some State records.

THE COMMISSIONER: Are you practicing in the States?

20 THE WITNESS: I'm sorry?

THE COMMISSIONER: Are you practicing your profession in the States?

THE WITNESS: Yes. m'hmm.



MS. CHOWN:

Q. Do you believe it's possible for you to compete successfully against power lifters who use anabolic steroids?

5 A. Compete successfully against them? No.

Q. In fact, you told me there were other federations that deal with power lifting in the United States that don't have any testing at all?

10 A. There seems to be two sides, two extremes. There is the Drug Free Federation, and there is a completely uncontrolled federation where they don't test at all.

15 Q. During the time you have spent in the United States since the fall of 1985, have you had occasion from time to time to train in gyms in the United States?

A. Oh, yes.

20 Q. Have you made any observation as to whether steroids are available in gyms in the United States?

A. Oh, without a doubt.

Q. Are they easily available?

A. M'hmm.

25 MS. CHOWN: Thank you, Mr. Commissioner.  
Those are my questions for this witness.



THE COMMISSIONER: Any questions, Mr.  
Sookram?

MR. SOOKRAM: Yes.

5 --- EXAMINATION BY MR. SOOKRAM:

Q. Mr. Logan, sir, my name is David  
Sookram. I represent Dr. Astaphan's interests.

You told us, sir, that the first doctor that  
prescribed drugs for you was Dr. Artinian. How long did  
10 you stay with him altogether?

A. I believe it was off and on over a  
three-year period.

Q. Over a three-year period. How long did  
you stay with Dr. Astaphan altogether?

15 A. I believe it was only five or six  
weeks.



Q. Five or six weeks?

A. Yes.

Q. Were you satisfied with the treatment you got from Dr. Astaphan?

5 A. Oh, very much so.

Q. How would you in your own mind compare the treatment you received from Dr. Astaphan with that you received from Dr. Artinian?

10 A. Well, I didn't get really any treatment from Dr. Artinian. I might as well have gone to the pharmacy.

15 Dr. Astaphan was much, much more concerned about what exactly I would be taking and what I wouldn't be taking. And the advice was a much more regular basis, the conversations were much more in depth.

Whereas with Dr. Artinian there wasn't really much of a conversation other than what I wanted and that's it.

20 Q. Would I be right in saying, sir, that Dr. Astaphan was interested in you as a whole person rather than just as an athlete?

A. I suppose you could say that.

Q. He did have long conversations with you did he not?

25 A. Yes he did.



Q. Indeed it wasn't just a question of running into the office and getting a shot, and running out?

A. No, Not at all.

5 Q. Did he ever ask you for money for the injections he gave you?

A. No, he didn't.

MR. SOOKRAM: Thank you very much.

THE COMMISSIONER: Mr. DePencier?

10 MR. PENCIER: No, thank you, sir.

THE COMMISSIONER: Any further questions, Ms. Chown?

MS. CHOWN: No, thank you, sir.

15 THE COMMISSIONER: Thank you very much for your assistance, Mr. Logan.

THE WITNESS: Oh, thank you.

THE COMMISSIONER: Well, that completes today's session.

MS. CHOWN: Yes, Mr. Commissioner.

20 THE COMMISSIONER: We are reconvening, is it the 14th?

MS. CHOWN: That is correct.

THE COMMISSIONER: Okay, Ten o'clock, August 14th. Thank you.



--- Whereupon the hearings adjourned until Monday, August  
14, 1989 at 10:00 a.m.

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